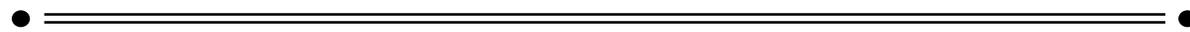

My Plea

WHAT I AM ASKING YOU TO DO IS EASY
IT WON'T TAKE MUCH TIME OUT OF YOUR DAY
BUT
IT MAY SAVE A LIFE
IT WILL LET SOMEONE KNOW THEY EXIST AND THEY MATTER
THESE PEOPLE NEED YOUR HELP
ARE YOU WILLING?

What are Mental Illnesses and Why Should I Care?



APPROXIMATELY $\frac{1}{5}$ ADULTS IN THE UNITED STATES EXPERIENCE SOME FORM OF MENTAL ILLNESS IN A GIVEN YEAR.
DO YOU HAVE AT LEAST 5 FRIENDS? CHANCES ARE THEY HAVE SUFFERED AND MOST LIKELY YOU HAD NO CLUE.
MANY SUFFER SILENTLY BECAUSE OF THE STIGMA ASSOCIATED WITH IT.

Mental Illness

- As defined by NAMI (National Alliance on Mental Illness)
 - A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.
 - Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible.
 - Mental illnesses can affect persons of any age, race, religion or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

Prevalence of Mental Illness

<http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

- Approximately 1 in 5 adults in the U.S.—43.7 million, or 18.6%—experiences mental illness in a given year.¹
- Approximately 1 in 20 adults in the U.S.—13.6 million, or 4.1%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.²
- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder in a given year. For children aged 8–15, the estimate is 13%.³
- 1.1% of adults in the U.S. live with schizophrenia.⁴
- 2.6% of adults in the U.S. live with bipolar disorder.⁵
- 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.⁶
- 18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.⁷
- Among the 20.7 million adults in the U.S. who experienced a substance use disorder, 40.7%—8.4 million adults—had a co-occurring mental illness.⁸
- - See more at: <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers#sthash.l6BsIW89.dpuf>

Social Stats

<http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

- An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.⁹
- Approximately 20% of state prisoners and 21% of local jail prisoners have “a recent history” of a mental health condition.¹⁰
- 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.¹¹
- Only 62.9% of U.S. adults⁸ and just over half (50.6%) of children aged 8-15 received mental health services in the previous year.¹²
- African Americans and Hispanic Americans used mental health services at about one-half the rate of Caucasian Americans in the past year and Asian Americans at about one-third the rate.¹³
- Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.¹⁴
- - See more at: <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers#sthash.16BsIW89.dpuf>

Consequences of Lack of Treatment

<http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

- Serious mental illness costs America \$193.2 billion in lost earnings per year.¹⁵
- Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.¹⁶
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions.¹⁷ Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.¹⁸
- Over one-third (37%) of students with a mental health condition age 14–21 and older who are served by special education drop out—the highest dropout rate of any disability group.¹⁹
- Suicide is the 10th leading cause of death in the U.S. (more common than homicide) and the second leading cause of death for people aged 15–24.²⁰
- More than 90% of children who die by suicide have a mental health condition.²¹
- Each day an estimated 18-22 veterans die by suicide.²²
- - See more at: <http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers#sthash.16BsIW89.dpuf>

What I am Asking of You

•=====•

Take 5-10 minutes out of your time

- Take the time to send uplifting and encouraging words to these people who are so obviously reaching out to the world to notice them.
- They are waving red flags telling us that they feel worthless, ugly, tired, sad, hopeless.... All they want is to feel like they are not a ghost in a sea of billion of people. Give them a purpose. Let them know that you see them, and you care.
- They say that one smile can save a life, what more could kind words do.



- Tell the anorexic and bulimic that they are beautiful inside and out. Just the way they are. That you wish you could shower them in hugs and kisses and tell them their self worth.
- Tell those with anxiety and depression to stay strong. Find uplifting things to say.
 - Courage isn't having the strength to go on- it is going on when you don't have the strength. – Napoleon Bonaparte
 - Just because you don't look like the other “crayons” in the box does not mean you cant make the most beautiful pictures. Don't ever give up on you!
 - Whatever your past has been, you have a spotless future.
 - Every day begins with an act of courage and hope: getting out of bed. – Mason Cooley
 - It may seem impossible now, but we who suffer are the strongest. People do not understand the little battles that we win daily are perhaps more than they could bear. Stay strong. Fight. <3

Just Do It

- Add this to your daily meditation/prayer/quiet time.
- Add this to your meetings/bible studies.
- Try to make this a daily routine in your life.
- Find something, anything that you think would make them feel their self worth, make them smile, and help them go about their day.

Help Me Save Lives

HELP ME GIVE
STRENGTH
SELF WORTH
HOPE
COURAGE
A FUTURE
LOVE
ETC.

COMMENTS

-  **xanderouslyafe** 6m
This is such an old picture of me *giggles* i know im not that pretty but i kinda like it. #depression #anorexia #suicide #cutting #crying #anxiety #pain #hurt #blackveiledbrides #falloutboy #sleepingwithsirens #defleppard #ACDC #bonjovi #queen #emo #anime #manga #selfie #hollywoodundead #gay #motionlessinwhite #piercetheveil #shounenai #followforfollow #lesbian #andybvb #bvbarmy
-  **tiotasm** 2m
@xanderouslyafe, want followers? Checkout site in my bio for details. Hurry uppp!Limited time only #100happydays #iphonesia #teamfollowback #nephew #drawing
-  **amirhmas** 52s
Great pic
-  **fightwithfitness** 3s
You are beautiful inside and out! Don't ever let anyone else make you believe otherwise! ❤️💋

Add a comment... Send

#SUICIDE

- Depression: nope
- **Me:** I need to sleep tonight
- **Depression:** nope
- **Me:** I need to cut
- **Depression:** Yeah. Yeah, you do.
- ♥ **ritaskeeta_**
- 👤 **xxsoulstealer** #music #musicquotes #bandquotes #bands #emo #emoquotes #socialanxiety #depression #depressed #depressionquotes #youareworthit #staystrong #selfharmmm #suicide #keeptrying #keepfighting #itgetsbetter #youarebeautiful #pleasedontcut #blood #cutwrists #anxiety #helpme #depressed #secret_society123 #anorexic #socialanxiety #blades #suicidal #blithe
- fightwithfitness** Every day begins with an act of courage and hope: getting out of bed. (Mason Cooley) ❤️💋 stay strong 💪. (I know sometimes I can barely even do that but don't let that light go!) sending hugs, kisses, and love from afar!

ACTIVITY

FOLLOWING | YOU

-  **cloudedsmls** mentioned you in a comment: @fightwithfitness aw thank you, stay strong too 😊😊💕 2m 
-  **highoffsuicide** mentioned you in a comment: @fightwithfitness thanks. 10m 
-  **dead_ana_girl** mentioned you in a comment: You too!! 💕 @fightwithfitness 24m 
-  **xxsoulstealer** mentioned you in a comment: Thank you so much for your support an care ❤️❤️ @fightwithfitness 25m 
-  **xxsoulstealer** liked your photo. 28m 
-  **xxsoulstealer** liked your photo. 28m 

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